DÉSERT AIRMAN

Davis-Monthan Air Force Base, Ariz.

Friday, Oct. 10, 2003

Grit, iron will

Staff Sgt. Isaiah Staley, 305th Rescue Squadron, performs a fast rope insertion during a training mission in Iraq. Staley is a pararescueman who was deployed to Baghdad International Airport to augment the 301st Rescue Squadron from Portland, Ore., in support of Operation Iraqi Freedom. Stalev and his comrades took over the rescue operation at Baghdad IAP within three days of their arrival. Staley worked primarily on training, with the Army and with the Office of Special Investigations. Staley suffered shrapnel wounds to his head and face from a grenade explosion during a training mission the day before the Embassy was bombed. However, the wounds didn't stop this determined PJ. For more information about Staley and his mission, see War, injury can't keep D-M PJs down, Page 14.



Local community thanks D-M members with picnic

2nd Lt. Beth Tucker

355th Wing Public Affairs

The 12th Annual D-M 50 Picnic is scheduled to be held Oct. 18 from 11 a.m. to 4 p.m. at Bama Park. The event is sponsored by the D-M 50 organization.

"The D-M 50 is a group of base supporters and community leaders that, among other things, sponsors this picnic every year to say thank you to D-M members for serving the nation and for contributing to the local community," said 2nd Lt. Jennifer Bordelon, 355th Services Squadron readiness officer.

This year's picnic will kicks off with the traditional Eagles versus Chiefs softball game at 8:30 a.m. and the Commanders versus Shirts softball game at 9:30 a.m. Opening remarks will be made at 11:00 a.m. by Col. Larry Stutzriem, 355th Wing commander.

"The overall generosity of the D-M 50, not only during the picnic, but all year long, has created the atmosphere of people helping people and our continued partnership with local community leaders and businesses here in Tucson," said Senior Master Sgt. Tim O' Leary, 355th Services Combat Support Flight superintendent.

"There are great events planned throughout the day for all ages," said Bordelon.

Free hamburgers, hot dogs, beans, chips and soda will be available for all D-M members. Snow cones and cotton candy will also be available for the young at heart. In addition to the free food there will be hundreds of door prizes, including two bicycles and a gas grill as the grand prizes.

"Tickets have been distributed to each squadron's orderly room," said Bordelon. Davis-Monthan members can fill out tickets for

See $\boldsymbol{Picnic},$ Page 4



October is Domestic Violence Awareness Month

As part of Domestic Violence Awareness Month, Family Advocacy is sponsoring a Purple Ribbon Campaign. Purple signifies the bruises victims of domestic violence sustain at the hands of their abusers. Ribbons may be picked up at various locations on base. Information booths will be at the base exchange Wednesday and at the commissary Oct. 30. For more information about on-base activities, call 228-2104. Also, look for upcoming information in the Desert Airman. For Domestic Violence Awareness Month activities in the Tucson area, visit www.stoptucsondv.com.



Percentage of D-M goal achieved:

26%

Suggestion for the IPTV viewer

Comment: I have a suggestion utilizing the Internet Protocol Television viewer that is currently installed on many computers throughout the wing. Would it be possible to add the Commander's Access Channel to the four present channels? The access channel could be used during exercises to alert personnel about changes in force protection conditions, or used to remind personnel on use of operational security, communications security, nuclear, biological and chemical defense, and other areas of concern for the exercise.

During wing training days, the channel could be used to broadcast training and ensure everyone is getting the same training at the same time. It is possible that a workstation could be connected to a television and used to watch IPTV broadcasts by a larger audience. The access channel could prove to be highly

effective for training and could positively effect awareness during exercises.

Response: Thanks for your interest in the Commanders Access Channel and its potential venue for critical information. In May I decided to reactive the system, and began the research into the associated costs including reserving the channel, upgrading the necessary equipment and software and maintenance of the system.

I allocated money in the fiscal year close out process to fund this initiative, and the Commander's Access Channel should be up and running soon. The contractor was on base Oct. 6, and the equipment installation will begin by the end of the month. Once the system is up and running, information will be provided on how to access the Commander's Access Channel via your IPTV viewer.

Supporting each other and working together to provide the best programs and services is a goal for all Davis-Monthan Air Force Base people. Ideas, suggestions, comments, concerns and kudos are important to make improvements.

The best way to pass along a comment or to get an answer to a concern is to contact the agency chief or functional managers listed here. Still no solution? The Commander's Corner phone line offers another outlet for voiceing any concerns. The number for the line is 228-4747. An e-mail can also be sent to: pa@wg355.dm.

Callers must leave their name, phone number and a message. They will receive a prompt reply in writing or by telephone. We will honor caller confidentiality, but sometimes we need to contact callers to gather additional information. If a concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published.

Agency numbers

AAFES Agencies	228-3904
Accounting and Finance	228-4964
Chaplain	228-541
Civil Engineering	228-3401
Clinic	228-2930
Commissary	228-3110
Family Support	
Fitness and Sports Center	
Haeffner Fitness Center	
Housing Office	
Inspector General	228-3558
Legal	
Lodging	
Military and Civilian Equal Op	
	220 550



Col. Larry Stutzriem 355th Wing Commander

Military Personnel	228-5689
Public Affairs	228-3204
Security Forces	228-617
Services	228-559
Transportation	228-3584



Mission Spotlight

The 55th Rescue Squadron provides rapidly deployable combat search and rescue forces to theater combatant commands world wide. They operate and tactically employ the HH-60G helicopter and its crew in hostile environments to recover downed aircrew and isolated personnel during day, night or marginal weather conditions. The squadron also conducts mili-

tary operations other than war including; civil search and rescue, disaster relief, international aid, emergency medical evacuation and counter-drug activities.

(Left) Staff Sgt. Garry Gray, 55th Rescue Squadron aerial gunner, preflights a GAU-2 minigun on an HH-60G before a combat search and rescue training mission.



The 355th Wing Public Affairs staff prepares all editorial content for the Desert Airman. The editor will edit or re-write material for clarity, brevity or to conform with the Associated Press Style Guide, local policy and Air Force style as required by Air Force Instruction 35-101. Contributions for the Desert Airman can be made directly to the 355th Wing Public Affairs Office, Building 2300, Suite 2054, or through e-mail to desert.airman@dm.af.mil. The editor can be reached at 228-5092. Submission deadlines are Wednesday, nine days, prior to publication date. If submissions are publishable, they run based on space available and priority. Unless otherwise noted, photographs are Air Force photos. The Desert Airman uses information from the Armed Forces Information Service, Air Force News Service, Air Combat Command and other sources. All Advertising is handled by Aerotech News and Review, 456 East Ave. K-4, Suite 8, Lancaster, Calif. 93535; phone: (520) 623-9321; e-mail: aeroaz@earthlink.net.

DESERT AIRMAN

Editorial Staff

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Phone cards boost D-M's morale

By Staff Sgt. Tammie Clark 355th Wing Public Affairs

Members of Davis-Monthan's 755th Aircraft Maintenance Squadron and 354th Fighter Squadron recently received a donation of approximately 300 calling cards with 60 minutes of talk time from the 549th chapter of the Veterans of Foreign Wars.

This donation has been made to increase the morale of deployed active-duty Air Force members, said Frank Skopp, 549th VFW military assistant chairperson, who is responsible for fostering a better public relations program with the base.

"The cards are to benefit veterans who are deployed from D-M Air Force Base, to call anyone they want. They can use the cards any way they wish," said Skopp. "The goal of the program is to reflect our lish a link between the active-

they are doing. It is a thank you from the VFW, individuals and companies from around the world."

Approximately 40,000 cards were donated from large corporations to the VFW for this use, said Skopp. These cards were donated under a military assistance program venue to show support to airmen. Some of the cards we are handing out have been donated from companies in places as far away as Japan to thank the American troops.

"I think this act will increase morale greatly," said Master Sgt. Allen Kuntz, 355th Aircraft Maintenance Squadron first sergeant. The calling cards give the deploying troops a free way to contact their families.

"Acts like this help estab-

appreciation for the work duty troops and the retirees," said Kuntz.

> In addition to the donation of the calling cards to the base, the VFW is trying to increase their community involvement with D-M in other ways, said Skopp. The 549th VFW has chosen to support the 755th AMXS though a VFW squadron adoption program. This VFW branch is scheduled to host a Halloween party for the children of 755th AMXS squadron members.

In upcoming months the VFW also has plans to host a veteran's ball which will be open to active-duty personnel. The ball will have a 15 piece band playing music from the 50s and 60s with a buffet dinner for a cost of \$10.

For more information on the VFW or upcoming VFW events targeted toward military, contact Skopp at 584-8226 exten-

News Notes

Promotion

Congratulations to Maj. Howard Osborne, who was selected for promotion to lieutenant colonel. Osborne's name was inadvertently left off the promotion list that ran on Page 3 of the Oct. 3 Desert Airman.

Seat belt safety

The 355th Security Forces Squadron is focusing on safety belt violations and will be conducting Click It or Ticket campaigns that incorporate a zero-tolerance enforcement of safety belt use. Violators will be ticketed on the first offense and reported to their commanders for counseling. For the second offense, punishment will usually be revocation of driving privileges on-base for seven days, with third time offenders losing privileges for 30 days.

Photo Lab hours

The photo lab will be available for passport and visa photos on a walk-in basis from 8 until 11 a.m. and 1 until 4 p.m. Mondays through Fridays.

AADD positions, requests

The current president and vice president of Airmen Against Drunk Driving will be vacating their positions. The organization is looking for new nominees. Anyone interested in applying for either position, contact Senior Airman Nicholas Samaras at 228-3201.

Additionally, AADD recently received calls to pick up patrons and upon arrival, the people had already left. When calling for a ride, please remain in location until the ride arrives. If another ride is acquired, AADD asks that you give a courtesy call to the coordinator informing him of the change, so appropriate actions can be taken.

Base equipment

The base has had several incidents, both on and off base, of government items stolen from personal vehicles. Do not store uniforms, government computers, supplies, or any other government-owned items in your vehicle. If you must transport the equipment and leave it in your car temporarily, make sure it is out of sight and secured.

OPSEC managers

The primary and alternate OPSEC managers are Maj. James Bennett, 228-1019, and Master Sgt. Carlos Guevara, 228-4605.

Airmen receive UCMJ punishments

An airman 1st class from the 25 Operational Weather Squadron received a suspended reduction to airman, forfeiture of \$250 pay per month for 2 months, 30 days extra duty, and a reprimand for adultery, a violation of Article 134 of the UCMJ.

An airman 1st class from the 355th Security Forces Squadron received a suspended reduction to airman and 30 days extra duty for forgery, dereliction of duty and false official statement, violations of Articles 123, 92 and 107 of

the UCMJ.

(Editor's note: Information courtesy the 355th Wing Judge Advocate Office. The same offense can result in different punishments for each offender. The commander considers several factors when determining punishment, some of which include: the offender's service record, previous incidents, seriousness of the offense and impact on unit discipline, cohesion and morale. For more information, contact the 355th Wing Judge Advocate office.)

airmen were saved from the consequences of driving under the influence by the Airmen Against Drunk Driving Program since Dec. 31.

Call AADD at 850-2233

10 p.m. to 5 a.m. Fridays and Saturdays and 4 p.m. to midnight Sundays for a ride.

Emergency Numbers					
Ambulance	911	Base Operations	228-4315		
Casualty Assistance	228-3686	Mortuary Officer			
(After duty hours)	228-3121	(After duty hours)	228-3121		
Duty Chaplain	228-5411	Command Post	228-7400		
(After duty hours)	228-3517	355th Security Forces C	rime Stop228-4444		
Fire Reporting	911	Safety	228-5558		
Public Affairs	228-3204	(After duty hours)	909-0316		
(After duty hours)	228-7400	Base locator	228-3347		
Fraud Waste and Abuse	228-3177	TIPS Line	228-TIPS (8477)		

Desert Airman Oct. 10, 2003

Leaking information or lack of OPSEC can get people killed, put base at risk

By Master Sgt. Carlos Guevara 355th Wing Logistics Plans

Operation Security is the only discipline that focuses primarily on unclassified information and activities. Classified information constitutes only a small fraction of the information and activities that the majority of us process every

handled daily is unclassified.

Many wrongly think if information handled, can easily provide adveror activities are not important enough to be classified, then they do not need to be protected. However, United States government sources estimated that 75 to 90 percent of the military's adversaries' information collection requirements can be satisfied through unclassified open sources.

Why is OPSEC important? Un-Most of the information classified information of a sensitive nature, when improperly saries with valuable information on various current and future op-

Operational security is a systematic and proven process by which the U.S. government and its supporting contractors can deny potential adversaries information about capabilities and intentions. This can be done by identifying, controlling and protecting generally unclassified evidence of the

planning and execution of sensitive government activities. For example, a simple document like travel orders for a site survey visit may identify the key information such as the unit operations officer, unit, duty position, security clearance, purpose and times or location of travel. In today's environment, it's important to remember that giving away any sensitive information to the enemy can get people killed.

Picnic

Continued from Page 1

themselves as well as for their dependents before Wednesday to be eligible for the prizes throughout the day. Members need not be present to win the large prizes, but must be present for all other prizes.

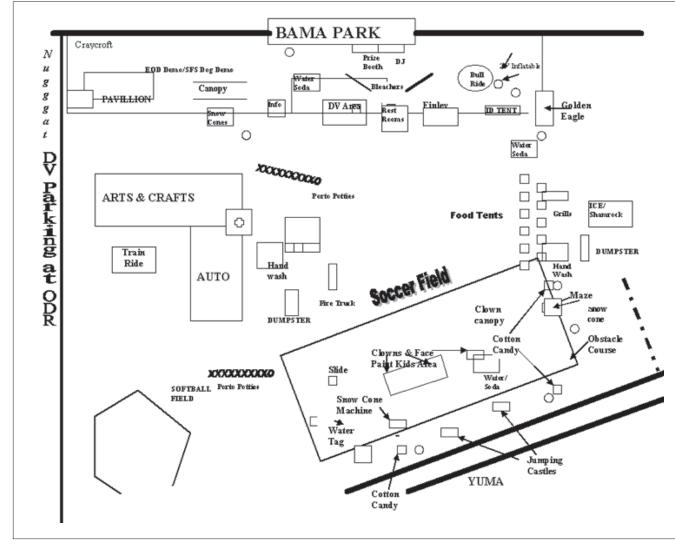
Events throughout the day at Bama Park include a DJ, carnival games, air jumping castles, an obstacle course, a giant slide and a maze for children. A voting registration booth will be available throughout the day to encourage D-M members to actively participate in the Tucson and Arizona communities.

In addition to the rest of the day's festivities, several special events are planned. Attendees can join tours of the Aerospace Maintenance and Regeneration Center beginning near the DJ booth at 11 a.m., with the last tour leaving for AMARC at 3:30 p.m. Throughout the day spectators will have the treat of seeing demonstrations of self-defense techniques, weapons, traditional forms, breaking and mind over matter performed by the Davis Monthan Dang Soo Do Class and J. KIM Martial Arts Tucson. The 355th Security Forces Squadron

will display the skills and obedience of the military working dogs at 11:30 a.m. and 12:30

Shuttles will run from Borman Elementary and Smith Elementary schools every 10 minutes starting at 10 a.m., and Craycroft Road will be blocked off from Madera Street to Yuma Street.

"The D-M 50 members and local businesses have always been very supportive toward the Davis-Monthan community, generously providing a fun filled, family oriented day of events highlighted with a delicious BBQ," said O'Leary.



D-M 50 picnic details

Road closure: During the event, Craycroft Road from Madera Street to Yuma Street will be closed. **Shuttles:** Distinguished visitor traffic and shuttles will be routed to Nuggat Road and directed to park at the outdoor recreation parking lot. Shuttles to the event will run from Borman Elementary and Smith Elementary Schools every 10 minutes starting at 10 a.m.

Opening remarks: From Col. Larry Stutzriem, 355th Wing commander, at 11 a.m.

Attractions: A disk jockey, carnival games, air jumping castles, an obstacle course, a giant slide and a maze for children.

Freebies: Free hamburgers, hot dogs, beans, chips and soda; along with numerous door prizes given away throughout the day.

(The map is an U.S. Air Force graphic)

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Clinic upgrades

Ensuring medical records are current, accurate helps strengthen clinic

By Stephanie Ritter

355th Wing Public Affairs

Dependents and retirees have an opportunity to benefit the base and avoid possible fines by ensuring information in their medical records regarding other health insurance remains up-to-date.

"Many non-active duty individuals work for civilian employers that provide health insurance," said Barbara West, 355th Medical Group health benefits advisor. "That other health insurance is considered their primary insurance."

According to Tech. Sgt. Billy Carter, 355th Medical Support Squadron NCO in charge of third party collections, that other insurance information is vital for the Davis-Monthan Air Force Base clinic.

"Military Treatment Facilities are required by law to bill third party health insurance policies for services provided including inpatient stays, clinical visits, prescriptions, radiology and laboratory tests requested by a civilian provider," said Carter. In turn, the law requires all non-active duty members to fill out a Department of Defense Form 2569, third party program insurance information, annually or whenever their insurance information changes.

But getting people to accurately complete the form is sometimes

"Some people feel that completely reporting health insurance coverage will reduce or limit their access to any type of care for which they are eligible," said Carter. "That is just not the case. The 355th Medical Group is committed to provide the D-M community the very best service. There will be absolutely no preferential treatexistence of insurance coverage."

In addition, the individual will not be billed by the MTF for the deductible or any balance remaining after payment by the insurance company.

"Most insurance companies hanced healthcare." have annual deductibles," said Carter. "What people need to keep in mind is that those deductibles can be met without any expense to the individual. That can represent a significant savings to a person who may require care or treatment at a civilian facility within a specified year."

There are more benefits to updating records than just helping non-active duty members reach their deductibles.

By reporting their other insurance information, people have an opportunity to get money back into the hospital, said West.

"All funds collected from this ment based on type of policy or program come directly back into

our facility operations budget," said Carter. "The money is used to buy medical equipment, medical supplies, medications, furniture, renovations and continuing medical education needed to provide en-

Even without the benefits to the individual and the clinic, non-active duty members may have another incentive for accurately indicating the existence of a third party insurance policy; the desire to avoid up to a \$10,000 fine for falsifying their medical records.

The fine will be imposed on anyone who discloses incorrect insurance information, said Carter.

Records can be updated by contacting an individual's panel.

"Non-active duty members and/ or their employers pay a premium for health insurance," said Carter. "We can help make their insurance work for them and put dollars in the right hands at the same time."



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Holiday print greeting service in full swing

Service is offering its free print holiday greeting program to servicemembers worldwide.

The program, now in its fourth year, will be open for submissions Oct. 1 through Nov. 25.

An important change for this year's program is open access to the program by individual servicemembers.

The print greeting program is a fully electronic Internet program that allows any servicemember to send a formatted holiday greeting to relatives through the Hometown News Service. After processing, the HNS staff e-mails the greetings to newspapers serving the relatives' community. The program is free

The Army and Air Force Hometown News to both the servicemember and their commuor with an incorrect ZIP code go nowhere." nity newspaper.

"We have more than 1,000 hometown newspapers signed up for newspaper holiday greetings, and they each cover several ZIP code areas," said Gerry Proctor, Hometown News Service chief of marketing. "Each form can generate several releases. The greetings are distributed according to ZIP codes and state. When the servicemember puts in their ZIP code ... the computer ... distributes a release for every subscribing newspaper covering that particular area."

"Complete and correct information is vital." Proctor said. "Submissions without a ZIP code

Besides having several releases generated from each form, the servicemember can input multiple forms as well.

"Each person can submit as many greetings as (he or she wants)," Proctor said. "You can send holiday greetings to your parents, inlaws, brothers, sisters, aunts, uncles and anyone who is a relative as long as you have their city, state and ZIP code."

Program information and forms are accessible on HometownLink at http://hn.afnews.af. mil from any government computer system. (Information in article courtesy of Air Force Print News.)

Air Force climate survey assesses condition of all units

change the future when they complete the 2003 Air Force Climate Survey.

It launched Oct. 1.

"Speak Today, Shape Tomorrow' is a great message for all of us," said Gerald Murray, Chief Master Sgt. of the Air Force.

"I strongly encourage you to par-

People have the power to ticipate in this survey. I hope you support this effort, because with this data, we can make this great Air Force of ours better. Together, we can shape tomorrow for the Air Force, our people, and our families."

> The survey, offered every two years since 1997, measures how people feel about leadership, su

pervision, training, recognition and students in a temporary-duty and other aspects of Air Force organizations.

Previous surveys included active-duty officers, enlisted members, and appropriated-fund civilians. This year, the survey will include the Air Force Reserve Command. Air National Guard. nonappropriated-fund civilians, status.

The survey runs through Nov. 23 and can be completed online at http:/afclimatesurvey.af.mil anytime during the survey period from either a government or personal computer. (Courtesy of the Air Force Manpower and Innovation Agency)





Desert Airman Oct. 10, 2003

Desert Chapel Vineyard

www.desertchapelvineyard.com

Celebration Service Esperero Canyon Middle School 5801 N. Sabino Canyon Rd. (one blk. North of Sunrise) Sundays at 9:45 a.m.

Nursery/Pre-School Care (0-2 yrs. / 3-5 yrs.) Children's Church (1-5 gr)

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featuring Hildegard ALL RANKS WELCOME!

FMI call 228-3301

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Membership eligibility requirements must be met. Certain restrictions may apply. www.dmfcu.com







My reflection

Airman takes a moment to remember, honor past tragedies

By Senior Airman Nicholas Samaras

612th Air Communitcations Squadron

As I sit reflecting upon the events that took place in New York two years ago, I can't help but ask myself has this country forgotten the tragedy that unfolded right before our eyes?

Have people forgotten why so many men and women are overseas fighting for our

freedom? I will never forget waking up Sept. 11, 2001. Never could I imagine the impact that day would have on the world.

I, like most of the country sat in front of the television in awe, completely taken back by what I saw. A lump welled in my throat and all I could think about were the people both on the plane and in the towers. The news channels replayed the footage over and over, each time making the unimaginable

more and more a reality. A million questions flooded my head, none of them answerable.

As the days went on, I watched the country unify in a way I had never seen before. Patriots and protesters alike came together to honor and pay respect to those that lost their lives in that terrible event. I gained a well-deserved respect for the firefighters

See *Reflection*, Page 9

Final Answer



Matthew Villareal Child of Luana and Staff Sgt. David Villareal, 355th Equipment Maintenance Squadron

"My teacher is nice, and she gives us lots of work."



Ausiana Herrera Child of Jennifer and stepdaughter of 1st Lt. Jason Reynolds, 41st *Electronic Combat* Squadron

"The best part is we get to learn about stuff, like mealworms, art and we get lunch."



Nicki Mitchell Child of Khanittha and Master Sqt. Brian Mitchell, 355th Civil **Engineer Squadron**

"I like recess because I like to play on the monkey bars and the new play stuff [equipment]."



Rebecca Reidel Child of Sherry and 2nd Lt. Ronald Reidel, 612th *Air Communications* Squadron

"I like doing math. I also like reading."



What is the best part of being back in school?

Ashlee Hawn Child of Valeria and Tech. Sqt. Alan Hawn, 355th Logistic Readiness Squadron

"I like to read a lot. I like all kinds of books. Junie B. Jones books are my favorite."



Johany Rivera Child of Luz and Staff Sqt. Jose Rivera, 355th Component Maintenance Squadron

"We have nice teachers, and when we are good, they give us treats."

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- ◆ Communication Skills
- ◆ Coping Skills
- **♦** Anxiety
- **♦** Grief/Loss
- ◆ Spiritual Development ◆ Marital Conflict
 - **◆** Depression
 - ◆ Pre-Marital
 - **♦** Addictions
 - **♦** Stress ◆ Intimacy



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Reflection

Continued from Page 8

and rescue workers that extinguished the blaze and sifted through rubble for days looking for the last glimmer of life that so many families prayed for.

In the weeks to come, I continued to watch the country come together as one, all

wanting to know who would mastermind such an act and how justice would be served. I got orders to an undisclosed location to support Operation Enduring Freedom and took the opportunity with open arms. I didn't care where I was going; I didn't care what I was going to do. I, like most Americans, wanted to help, even if my help went entirely unnoticed. I just wanted to do something. I was frustrated with standing by doing nothing watching the world revolve.

On the second anniversary of that day I was standing at the back of my building rendering my respect and salutation to the flag as retreat was played. I noticed people

who did not stop their activities. I thought to myself "any second these people will stop what they are doing to give their respect also." That second never came. They continued on as if nothing was happening.

There's no way they didn't hear it playing, I told myself. At that point, my anger was building. How could these people continue business as usual and not pay the respect

due to the flag that repre-

sents the country
they have taken an
oath to defend
with their lives? It amazed
me that these people had
the audacity to continue
on with their tasks
without giving a second
thought to the fact that
retreat was playing in
their ears.

This action forced the question I asked myself. Has this country forgotten what Sept. 11 marks? I surely have not.

I can never forget the people who lost their lives that day.

I cannot forget the men and women that selflessly paid the ultimate price for the freedom that we take for granted. I refuse to forget the tragedy that unfolded right before my eyes two years ago.

CE award winners

Congratulations to the following members of the Davis-Monthan community who were awarded winner and runner up titles for the 2003 Air Combat Command Civil Engineer individual, flight and unit awards.

All ACC winners will be nominated to compete in the Air Force level competition, with results to be released in February.

Winners

National Society of Professional Engineers Federal Engineer of the Year, military category: Capt. Jeffrey Payne, 355th CES; who was selected by a panel of NSPE judges who consider engineering achievement, education, continuing education, professional/technical society activities, NSPE membership, awards or honors and humanitarian activities.

Outstanding Civil Engineer Civilian Manager: Stephen Matthews, 355th Civil Engineer Squadron

Runner Up

Outstanding Civil Engineer Civilian Technician: Tina Gonzales, 355th CES



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Desert Airman



Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member of the Davis-Monthan Air Force Base Desert Lightning community. Members are nominated by their unit commander or first sergeant.)

Name: 2nd Lt. Mary Garavelli Organization: 357th Fighter Squadron Duty title: Commander's executive officer/

adjutant

Hometown: Memphis, Tenn. **Years of service:** Four months

Reason for joining the Air Force: I joined the Air Force because of the great benefits, the great people and for the traveling.

Main responsibilities: I track performance reports, various rosters and a few different things like that.

Best aspects of job: The best aspects of my job are that it is not boring and the fact that I'm serving in the world's best Air Force.

Career Goals: My goal is to retire at least as a lieutenant colonel.

Hobbies/outside activities: I enjoy running, exploring the Tucson area and traveling. Favorite thing about D-M: I think D-M is a beautiful place and the culture is a lot different from Memphis.

Best assignment: This is my first assignment, but I love it here.

Inspiration: My inspiration is my mother because she is very motivated. She knows how to have a great time, but when she sees something that needs to be done, she goes for it. She's a very hard worker and has taught me a lot



Staff Sgt. Tammie Clark

Airmen graduate Airmen Leadership School

Congratulations to the senior airmen and staff sergeants who graduated Sept. 25

Graduates

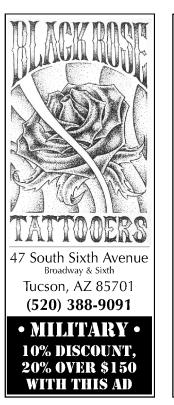
25th Operational Weather Squadron: Senior Airman Jennifer Williamson; 43rd Electronic Combat Squadron: Staff Sgt. John Hill, Senior Airman Nicholas Ybarra; 305th Rescue Squadron: Senior Airman Jeremy Greer; 355th Aircraft Maintenance Squadron: Senior Airman Jarrad Buck, Senior Airman Tina Fahlsing, Senior Airman Brandon Schuler; 355th Civil Engineer Squadron: Senior Airman Ross Nohara, Staff Sgt. Keith Weber; 355th Communications Squadron: Senior Airman Brian Frey, Senior Airman Glenn Wolfgang, Jr.; 355th Component Maintenance Squadron: Senior Airman David Lee Blanton, Jr.; 355th Equipment Maintenance Squadron: Senior Airman Jeffrey Bacon, Senior Airman Joshua Chastain, Senior Airman Guillermo Cornejo, Staff Sgt. Richard Davenport, Senior Airman Jason Greene, Senior Airman Michael Marsh, Senior Airman Duane Spilman, Senior Airman Joshua Weyandt, Staff Sgt. Michael Wittmer; 355th Logistics Readiness **Squadron:** Senior Airman Aaron Hall, Senior Airman James Hoff, Senior Airman Jeffrey Kitts, Senior Airman Roshanda Sartin; 355th Maintenance Group: Senior Airman Jacob Trevino; 355th Maintenance Operations Squadron: Senior Airman Joseph Lane; 355th Medical Support Squadron: Senior Airman Tsering Chophel; 355th Security Forces Squadron: Staff Sgt. Michael Estrada, Staff Sgt. Brandon Mills, Senior Airman Anthony Sandoval, Jr., Senior Airman Graigory Sellers; 355th Services Squadron: Senior Airman Jose Araiza, Staff Sgt. Helenor Luna; 355th Wing: Senior Airman Marcus Wayne Garrett, Senior Airman Larry Gumm, Senior Airman Lyle Ruthford; 358th Fighter Squadron: Senior Airman Deonna Brown; 612th Air Base Squadron: Senior Airman Joseph Talbot; 612th Combat Operations Squadron: Senior Airman Carry Durham, Senior Airman Kathy Martzall; 755th Aircraft Maintenance Squadron: Senior Airman Kevin Beshaw

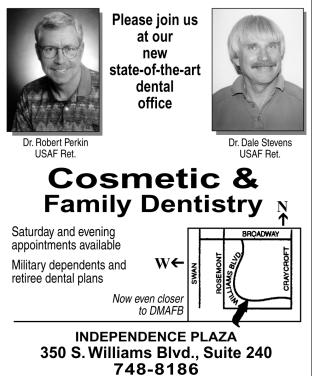
Award winners

John L. Levitow Award: Senior Airman Jeremy Greer, 305th RQS; Academic Achievement Award: Senior Airman Joseph Talbot, 612th ABS; Leadership Award: Staff Sgt. John Hill, 43rd ECS; Distinguished Graduate Award: Senior Airman Jason Greene, 355th EMS; Senior Airman Jennifer Williamson, 25th OWS; and Senior Airman Glenn Wolfgang, Jr., 355th CS



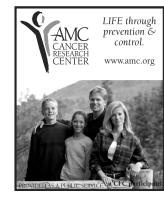








churches, recreation, etc.











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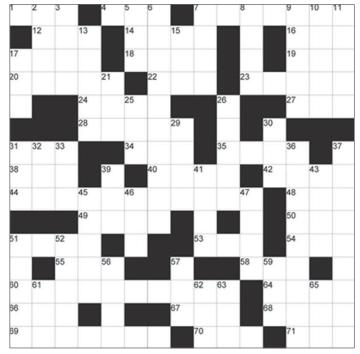
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Space launch

By 1st Lt. Tony Wickman

Alaskan Command Public Affairs



- 1. Space shuttle (abbrev.)
- 4. Satellite for latitude, longitude (abbrev.)

THE LIGHTER SIDE

- 7. Satellite providing survivable comm for C2 of warfighters
- 12. Tear
- 14. Indian princess
- 16. Airport abbreviation
- 17. Actor Lugosi
- 18. English private secondary school
- 19. Inventor Whitney
- 20. USAF rocket used to launch
- 11.100 lbs into low earth orbit
- 22. Lord of the Rings character 23. USAF rocket used to launch
- 47,800 lbs into low earth orbit
- 24. Web language?
- 27. Snake sound?
- 28. Sniff
- 31. School of Mahayana Buddhism
- 34. Roman number 12
- 35. Saga
- 38. Alt. to street
- 40. Snare
- 42. Hindu robe
- 44. LGM-118A ICBM
- 48. Sister

- 49. Grande and de la Plata
- 50. ___ Dhabi; Gulf state
- 51. East coast launch site
- 53. Snakelike fish
- 54. Animal doc
- 55. USAF deployment structure
- 58. Mine yield
- 60. West coast launch site
- 64. Sign of Aries (two words)
- 66. Terminate
- 67. School org.
- 68. Event
- 69. Tangle (two words)
- 70. Use for NRO satellites
- 71. Computer connection (abbrev.)

Down

- 2. Elm or oak
- 3. Window ledge
- 5. Before
- 6. Orbiting items
- 7. To coin money
- 8. Forgotten
- 9. Current Under Secretary of the
- Air Force Peter_
- 10. USAF rocket used to launch
- 14,500 lbs into low earth orbit
- 11. Cloudbursts
- 13. Trails
- 15. Prefix meaning not

- 17. Military uniform (abbrev.)
- 21. Cash machine
- 25. Food type Tex-
- 26. French pancake
- 29. Old Italian money
- 30. Sib
- 31. Sudden hit of electricity
- 32. Biblical first woman
- 33. Federal org. concerned with art
- 36. Second part of 51 across
- 37. LGM-130G ICBM
- 39. Aloha gift
- 41. Church altar
- 43. Bumpkin
- 45. Set of beliefs
- 46. Punched out in boxing (abbrev.)
- 47. Candy bar
- 51. Sperlunking spots
- 52. Chinese bear
- 56. Perceive
- 57. Zest
- 59. Scrap
- 61. Actress Penelope ___ Miller
- 62. Subway, busline, etc. (abbrev.)
- 63. Space
- 65. Pie ___ mode

(Editor's note: Solutions for the crossword puzzle will be available in the Oct. 17 edition of "The Lighter Side.")

Desert Lightning Freebies



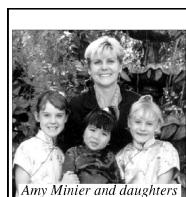
Receive \$10.50 off a radiator flush

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War, injury can't keep D-M PJs down

By Tech. Sgt. Ruby Zarzyczny 305th Rescue Squadron Public Affairs

Staff Sgt. Isaiah Staley, 305th Rescue Squadron pararescueman, volunteered to deploy in June to Baghdad International Airport to augment the 301st Rescue Squadron from Portland, Ore. in support of Operation Iraqi Freedom.

After flying for days, the jet-lagged and hungry Staley arrived at Baghdad IAP.

Staley said he was met with a crazy hot wave of heat blasting down on him as he stepped off the plane and entered a war zone to join the 407th Expeditionary Rescue Group.

Within three days, Staley and the other PJs from Portland, Ore. had taken over the rescue operation at Baghdad IAP.

"Since all PJs go through the same training and are a standard issue good guy, it wasn't hard to get spun up with the guys we were relieving," said Staley. "Once we got

there we started working. If we weren't doing training missions we were working with the Army and the Office of Special Investigations going downtown (Baghdad) to support various missions. Because we have a variety of training, we can integrate our skills into other teams and missions."

Since most terrorists don't wear uniforms, having situational awareness reports from the intelligence community is an essential part of the mission. Staff Sgt. Shannon Cambridge, Maj. James Hossley and Master Sgt. Chad Jenkins; Intel specialists from the 305th RQS; also deployed to the 407th ERG to support the HH-60 and the C-130 rescue missions in Iraq. Cambridge and Jenkins were at Baghdad IAP to support the HH-60 mission on a 24-7 alert to keep the aircrew and the PJs current with the best possible situational awareness intelligence.

The specialist's responsibilities are to collect all the Intel going on in the region to determine the threat level. They also, locate

the threat in the area of operations and the area of interest then communicate it to the aircrew and PJs.

"We gathered information by networking with other military agencies and the existing Intel infrastructure," said Jenkins. "We provided Intel to the aircrews; but as pararescuemen we provided a little more detail with the situational awareness because the PJs are putting their feet on the ground and are dealing with crowds. Pararescuemen require a higher level of situational awareness to include who's causing trouble and what kind of weapons [they have]."

Not being able to immediately identify the enemy is dangerous, so you have to rely on the situational awareness Intel has given and constantly watch the people, the streets, the windows, the roof tops and just maintain constant awareness, said Staley.

When the Embassy was bombed in August, Staley was off alert and recovering from shrapnel wounds to his head and face that he had gotten when a grenade exploded during a training mission the day before. Not knowing the good guy from the bad and having his right eye swollen shut, wasn't going to stop Staley from going on a real world mission.

"I was injured - I wasn't dead," said Staley.

"And if there is a real world mission where I can actually get my hands dirty and do something to help - I'm not going to turn it down."

"It was hard to see, so I pried my eyes open and cinched down my goggles to keep them open," said Staley. "The third bird was going, and I was putting on my gear when I was asked, what I was doing? I said, hey, you can let me on this bird or you can find me half way in flight when I come out of hiding."

"When you spend two years of your life training to be a PJ, and something like this comes along you don't want to miss it. I just wanted to put my skills to use. We flew to the Embassy, and it was a mass casualty," said Staley. "The building had collapsed on a bunch of people. They were Iraqis, so the terrorists were actually taking out their own people. They were trapped in the building, so we helped with extrication and helped find the people still buried."

"I pulled out a lady and brought her back to the helicopter," continued Staley. "She was a critical patient, so we flew her back to Baghdad IAP to the emergency medical evacuation site on the flightline. We kept her alive until she got there and the Mobile Aeromedical Staging Facility could take over. She was an Iraqi."

"Isaiah is great. On his two days off he went and helped the Army's medical evacuation team, and then when he was wounded he still went to help at the Embassy bombing," said Jenkins. "He was there to help and he was there to save lives."

Providing situational awareness Intel for these kinds of missions really convinced us we can do our jobs. Our training program here is dead on and producing the kind of Intel troop that can support a combat search and rescue operation in real world missions."

Although going to Baghdad gave unit members an opportunity to test their mettle it was also good to come back home.

"It was nice coming back," said Staley. "The first thing I noticed was the difference is the clean air because it felt like I had been sucking dust for a couple of months. It was actually cooler, and I notice the green scenery everywhere. The biggest thing about coming back was that we could actually just sit and breath easy again without feeling any threat and no one shooting mortars at our planes. We were finally at a place where we could just chill for a little bit without feeling the constant threat."



Courtesy Photo

Staff Sgt. Isaiah Staley, 305th Rescue Squadron pararescueman is practicing a stoke liter extraction in Iraq while supporting Operation Iraqi Freedom. Tech. Sgt. Brad Fizzel, 920th Flight Engineer hoists Staley and his patient up and into the HH-60 helicopter. Staley is using the barrelman technique which is often used for immobile or non-ambulatory patients.

Men's soccer team goes multi-service for 2003-04

By 2nd Lt. Beth Tucker 355th Wing Public Affairs

The Davis-Monthan Air Force Base's men's soccer team has representation from a wide spectrum of the D-M community. The team consists of active duty, officer and enlisted members of the Air Force, Marines and Army as well as dependents of active-duty members

"This is by far the most technically sound team I have seen in my eight years on the team," said Staff Sgt. Jason Bowersock, team captain. The team consists of 23 members competing in the Tucson Metro Soccer League Premier Division.

"The start of the season is always the hardest," said Bowersock. "We have such a high turnover of players from year to year, with 11 returning from last year and 12 new players."

Last year's team placed fourth in the league and has placed in the top five since 1995, according to Bowersock. "We have never placed first in the division, but I have no doubt that this year's team is capable of

doing so. The true question though is how well this group of individuals will come together as a team. You can put all the best players around on one team, but if they do not gel as a team they will not achieve much."

The team's season started Oct. 4 with their first game at Ochoa Park.



Photos by Tech. Sgt. Marlin Zimmerma

(Left) From left to right, Paul Schultz dribbles the ball downfield as teammate Edward Stottlemyer awaits a possible pass, and opponents Albert Franco and Marcoa Galindo get in position to try to steal. (Above) Philip Verley keeps the ball away from an opponent.



Sports Shorts

Men's varsity basketball

The men's varsity basketball team takes on 29 Palms Saturday at 4 p.m., and Sunday at 11 a.m. at the new fitness center. For more information, call 228-5539.

Sunday Football Frenzy

Come out and have a great time with your friends this Sunday at The Mirage Officer's Club and Desert Oasis Enlisted Club with Sunday Football Frenzy, featuring NFL Sunday Ticket! Watch up to four different NFL Sunday Ticket games and two local games every week on multiple screens. Fill out the Football Frenzy official entry form for a chance to win a VIP trip to one of these games from Air Force clubs; Houston at Tampa, the 2004 Super Bowl, or the 2004 Pro Bowl. Last year one of our own D-M members won a VIP trip. For more information, call The Mirage Officer's Club at 228-3301, or the

Desert Oasis Enlisted Club at 228-3100. (NOTE: This week there will not be Monday Night Football at the clubs due to the holiday.)

Sunday Bowling

The bowling center is now open every Sunday from noon to 7 p.m. The center will open with Family Dollar Days from noon to 4 p.m. Enjoy \$1 games (per game/per bowler), shoe rentals, hot dogs, fries and nachos (bowlers only on snack bar items). Enjoy Family Cosmic Bowling from 4:30 to 6:30 p.m. Use your coupon in the Services Activity Magazine and receive \$1 off a \$10 two-hour lane rental on Sunday Family Cosmic bowling. For more information, call 228-3461.

Youth Center Events

Teen Outdoor Adventure Trail Club provides high adventure and outdoor recreation activities for youth ages 13 to 18 years

old. The club also gives teens the chance to learn about equipment selection and care, safety, risk management and an appreciation for the environment. Outdoor recreation experiences can enhance socialization skills, problem solving abilities, conflict resolution and more. Trips include ballooning, tubing, white water rafting and camping.

Punt, Pass & Kick is for youth ages 8 to 15 years. The program is intended to encourage youth participation. It allows youth to showcase their punting, passing and kicking abilities. All measurements taken during the competition are calculated for distance and accuracy. All boys and girls will compete in four separate age groups (8/9, 10/11, 12/13, 14/15). There are separate boys' and girls' divisions. Age is determined by deadline date of Dec. 31. For more information, call the

See Sports Shorts, Page 16

Oct. 10, 2003

Sports Shorts

Continued from Page 15 youth center at 228-8844.

Martial Arts demonstration

There will be a martial arts demonstration at noon Oct. 18 at Bama Park. Performed by the D-M Dang Soo Do class and J. Kim Martial Arts Tucson, the demonstration will feature self-defense techniques, weapons, traditional forms, breaking and mind over matter. For more information, call 290-9200.

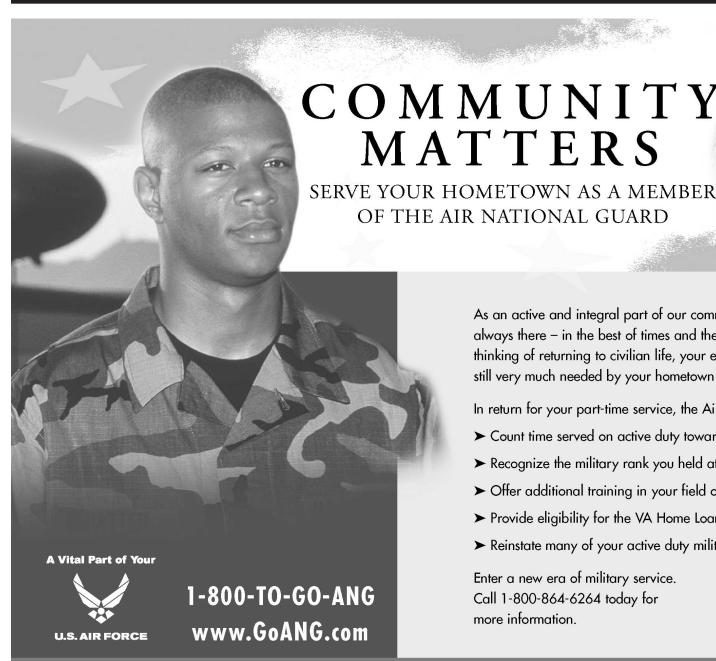
Single? Play golf?

If you are single, 21 or older, and enjoy playing golf, the Tucson Chapter of the American Singles Golf Association invites your participation. For more information, call 798-6338, or visit them on the Web at www.tucsonsinglesgolf.com.

Scoreboard

Bowling	SVS#1	24-8	Leave the Bangs	2-10	So So's	2-14
bowiiiig		22-10	Dirt Boys	1-11	_	
Tuesday Early Rise	MDG	22-10			Bantam	s/Preps
		20-12	Thursday	'Night	(Wee	k 2)
(Week 3) Team W-I	LRS	20-12	(Week	3)	Team	W-L
	CPTS#2	18-14	Team	W-L	Team #2	10-6
Wee Bee Bad 20-4	EMS/AMMO#1	16-8	Six Shooters	20-4	Team #3	10-6
We'd Rather B Sleeping 18-6 Sunflower Gals 15-9	COMM#2 Lockheed	16-16 14-18	Man On	20-4	Pin Knockers	10-6
			Mission Impossible	16-8		
Hit & Miss 13-11 Team 4 12-12	.=	14-18 12-20	Fran's Friends	14-10	Pee V	Vees
	2 AMARC 25 OWS #1	12-20	Shaka II	14-10	(Wee	
8 Ping Kel 8-16 The Young'ens 6-18	25 OWS # I CMS	12-20 12-12	Mickey's Mavericks	14-10	Team	W-L
3 APO 4-20	EMS#2	8-24	Four Seas	14-10	Pee Wee Girls	7-5
3 AFO 4-20	SVS #2	8-24	O Spare Us	14-10	Pee Wee Boys	5-7
OMC	25 OWS #2	8-24	May Bees	14-10	rec wee boys	3,
OWC	CONS	8-16	FUBAR	12-12	You	ıth
(Week 3)	CONS	0-10	PBJs	10-14		
Team W-L	CE Miss	ad Tula	PCs	8-16	_ (Wee	,
Donna's Darlins 20-4	CE Mixe		3 Jays and Me	8-16	Team	W-L
Almost There 15-9	(Week of		FAMA's ORRS	6-18	Hit Em Up 2.0	14-2
Strike Outs 14-10		W-L	Lane Brains	6-18	The Who's	14-2
Cool Cats 12-12	2 Five	10-2			Team #6	14-2
Lucky Ladies 11-13	Beer	10-2	Phantom	Mixed	EZ Rollers	14-2
Rolling Pins 10-14		10-2	(Week 2)		The 4 Angels	10-6
Three Bees 10-14		8-4	Team	W-L	Headpin Strikers	6-10
	Raiders	8-4	Oddballs	14-2	3 Guys & A Gal	4-12
Intramural - Nat		7-5	Alley Oops	12-4	Why R We Here	4-12
(Week 4)	Brew Crew	6-6	Gutter Busters	10-6	Strike Force	4-12
Team W-L	Cruisers	6-6	The Cajuns	6-10	Team #2	2-14
COMM#1 28-4	BJ's Buns	2-10	Just 4 Fun	4-12	The Strikers	2-14

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Chapel Information

Services and activities offered by the D-M chapel are listed below. Location is at the Desert Dove Chapel unless otherwise noted. The Desert Dove and Hope Chapels share the parking lot at 5385 E. Ironwood. For more information on Jewish or Muslim services; Sunday School programs; Vacation Bible School; Bible studies; youth groups; and women's, men's and family ministry, call 228-5411.

Catholic Mass schedule

Saturday: Mass is at 5 p.m. Sacrament of Reconciliation is at 4:30 p.m.

Sunday: Mass is at 7:30 and 10 a.m. Sacrament of Reconciliation is at 9:15 a.m.

Daily: Mass is at 11:30 a.m. at Hope Chapel. Rosary begins at 11:10 a.m.

Protestant Services schedule

Sunday: Contemporary Service is at 8:30 a.m. and Gospel Service is at 11:15 a.m. at Hope Chapel. Traditional Service is at 11:15 a.m.

Education Services

Tuition Assistance

In accordance with Air Force Instruction 36-2306, TA must be applied for and submitted before the add/drop week of the institution to ensure payment to the institution. Late TA will not be approved unless circumstances were beyond the individual's control and can be verified. Point of contact is Phil King at 228-3812.

Junior ROTC

The Junior Reserve Officer Training Corps is seeking teachers. Retirees can apply for the vacancies on the Air Force Junior ROTC Web site at www.afoats.af.mil. Personnel who retired from active duty within the past five years and who served at least 20 years may apply. Those who retired under the temporary early-retirement authority with at least 15 years of active-duty service may also apply. For more information, call (866) 235-7682, ext. 35275 or 35300 or DSN 493-5275 or 493-5300.

Park University

Register now for Fall II classes. Term begins Oct. 20. To register, call 748-8266, send an e-mail to <u>Davi@mail.park.edu</u> or stop by the office in Building 3200, Room 240.

Montgomery GI Bill

Once a military member enrolls in the MGIB, the basic pay reduction can not be refunded, suspended or stopped. Enrollment is an irrevocable decision. This does not apply to erroneous payroll reductions for the MGIB. Point of contact is Phil King at 228-3812.

Family Support Center

Right Start Base Orientation

Right Start Base Orientation is designed to welcome all newcomers to Davis-Monthan

and the Tucson area. Leadership and base agencies discuss a variety of programs and services available. The next orientations are Tuesday and Oct. 28 from 8 a.m. to 4 p.m. at The Mirage Officer's Club. Free childcare is available. For more information, call 228-5690.

Thrift Savings Plan

The Personal Financial Management Program offers an informative class covering the basics of the Thrift Savings Plan including how much can be contributed, what happens upon separation or retirement, penalties for early withdrawal, borrowing options and more. The class is Thursday from 9 to 10 a.m. in Building 3200, Rooms 266 and 267. To sign up, call 228-5690.

Hearts Apart bowling

If your spouse is deployed or on remote and the kids are driving you crazy, join Hearts Apart at the D-M bowling center and let them blow off some steam Oct. 18 from 2 to 4 p.m. For reservations, call 228-5690.

Hearts Apart Welcome Home banners

If your deployed spouse is coming home shortly and you want to make a Welcome Home banner then bring the kids and join Hearts Apart for pizza and refreshments Oct. 20 at 6 p.m. in the Hope Chapel Annex. All supplies for making banners are furnished. For reservations, call 228-5690.

Happenings

Hispanic Heritage Month Events

In honor of Hispanic Heritage Month, there is a Latin Dance at the Mirage Officer's Club Saturday from 8 p.m. to midnight. A disc jockey will spin the latest in Merengue, Salsa and more. Free appetizers and prize drawings will be available. All ranks and guests are welcome. For more information, call Tech. Sgt. David Triana at 228-7317.

In addition, there is a free barbecue for dorm residents at the ramada next to the community center Wednesday at 5 p.m. and a dance show and food extravaganza at the community center Oct. 24 from 6 to 8 p.m. For more information, call Master Sgt. Rebecca Rogers at 228-2311.

Mighty Marriages

Mighty Marriages, a marriage enrichment workshop, is Oct. 24 from 6:30 to 9 p.m. and Oct. 25 from 8:30 a.m. to 4:30 p.m. at the Desert Dove Chapel Annex. The main emphasis group is deploying personnel, but all are welcome. There is no registration fee, but registration is requested to ensure adequate food and materials. To register, call Chaplain (Capt.) John VanderKaay at 228-5411 or send an e-mail to john.vanderkaay@dm.af.mil.

Dads On Loan program

The Dads On Loan program is in need of

volunteers. Dads come to Bama Park two Saturdays a month from 9 to 11 a.m. to play with the children of deployed/remote members. The program gives children positive male interaction while their Dad is away and allows moms a chance to relax. If you're a dad and would like to invest in the lives of the children of fellow military members who are deployed, call Chaplain (Capt.) John VanderKaay at 228-5411.

Thrift shop

The Davis-Monthan Thrift Shop, located in Building 3220, is open Tuesdays and Wednesdays from 9 a.m. to 2 p.m. Consignments are taken until 1 p.m. To reserve space for large items and furniture, call 228-2120.

Movies

Movies begin at 7 p.m. unless otherwise noted. Admission is \$3 for adults and \$1.50 for children under 12 and senior citizens. Admission is for DoD ID card holders and their guests only. For the theater movie recording, call 228-5694.

Friday: S.W.A.T. (PG-13)

Los Angeles Special Weapons and Tactics unit member Jim Street, played by Colin Farrell, is thrown off the team after a controversial decision he made during a hostage standoff. Now, Street has a chance to redeem his career when he is selected as a member



of a new S.W.A.T. team that is given a special assignment to transport a drug lord out of Los Angeles. 1 hour, 51 minutes

Saturday: Freddy vs. Jason (R)

A group of teenagers find themselves stuck in the middle of a battle between two forces of evil: silent stalker Jason Voorhees and gabby dream master Freddy Krueger.

Freddy and Jason battle wages from Elm Street to a climactic finale fought at Camp Crystal Lake. 1 hour, 37 minutes

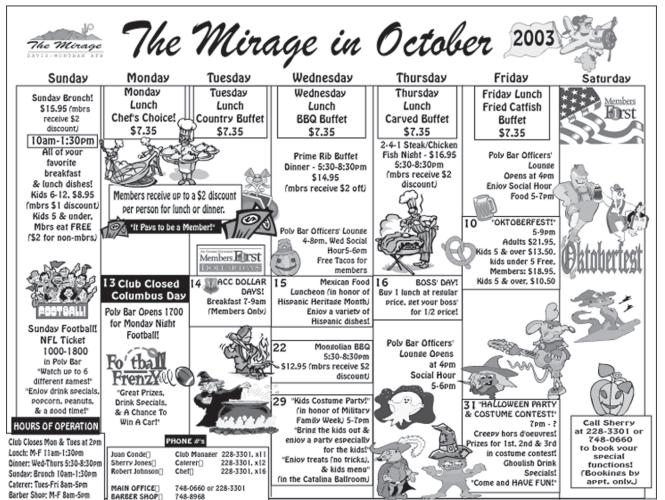


Sunday: Open Range (R)

Following the day-to-day encounters of four freegrazers, cattle herders who roam the countryside without owning a particular piece of land. In the final years of the Wild West, this film tells the story of how the freegrazers eventually team up to rid a



burgeoning remote town, Harmonville, from a rancher who had formed an outlaw state where he made the laws and rules, and enforced them using scare tactics and brute force. 2 hour, 15 minutes Oct. 10, 2003 Desert Airman 19



For current information on Services activities, check out our WEBPAGE at www.dmservicesonline.com



Services Activities

Oktoberfest at The Mirage

Celebrate Oktoberfest at The Mirage Officers Club today from 5 to 9 p.m. Over \$3,000 in prize giveaways will be awarded throughout the night. Enter to win fabulous prizes including a trip to Don Laughlin's Riverside Resort in Laughlin, Nev. Come and enjoy the festivities for free and dine on the best German food this side of the Rhein at the full buffet for just \$21.95 (members receive a \$3 discount). Cost for children ages 5 to 12 years is \$13.50. Free for children under 5. Listen to the Rusty Greer Band featuring Hildegard. All ranks welcome! For more information, call 228-3301.

Family and Teen Talent Show

The Family and Teen Talent Show will be held Nov. 22 at the youth center. Registration forms, program guidelines and photo release forms are available at the community center, Building 4201. For more information, call the 228-3717.

Fifth St. Balloon Shop and Boss's Day

Stop by the Fifth St. Balloon Shop at the community center, Building 4201, and check out their excellent selection of balloons and gifts for all occasions. Surprise your boss this month with a nice balloon bouquet for Boss's Day Oct. 16. Also, this month get 50 percent off one balloon bouquet with your coupon from the Services Activities Magazine. One coupon per customer, not valid on deliveries. For more information, call 228-3717.

Danswest Dance Productions

Danswest Dance Productions All Star Academy is now offering dance classes at the community center. Dance programs are for youth ages 5 to 18 years. Sign up for one class or all classes Mondays through Fridays. Classes available include beginner's ballet, intermediate ballet, jazz, hip hop and tap. For more information, call 228-3500.

Framing class

Framing classes will be held Thursday and Oct. 23. Students should attend both sessions. Class cost is \$20 and runs from 5 to 6:30 p.m. each evening. This class is limited to four students and fills up very quickly so call 228-4385 to reserve your spot.

ACC Dollar Days Breakfast

Enjoy another Air Combat Command Dollar Days breakfast for only one dollar at The Mirage Officer's Club Tuesday from 7 to 9 a.m. During ACC Dollar Days events, members are treated to \$1 breakfasts, lunches and family nights quarterly! Dollar Days is ACC's supplement to the Air Force level Members First Program. With the Members First Program, club members receive discounts on food purchases, special functions (including holiday buffets and dinners) and on all pro-rated special functions. Members even save 10 percent on all personal functions booked at the club including weddings and birthdays. There is also a special program that provides discounts of 15 to 30 percent at over 4,000 hotels nationwide. All of these special promotions are just a few of the reasons to become an Air Force club member. For more information, call 228-3301 or 228-3100.

Desert Airman Oct. 10, 2003

Desert Airman Classifieds

Homes for Rent

House for rent 3 bdr 2 bath w/ pool appr 1200 sq ft, Close to DM \$925 a month Call Delisha 751-1873 or Shane 751-4725

1500 sq/ft, 3 bedroom / 2 bath. New carpet, tile and paint. Within 1 mile of base. With refrigerator, microwave, automatic drip system, W/D. Great deal at \$950/month. 390-7326.

Spacious home near DMAB (Pantano/Golflinks) 4BR, 2BA, 2CG. 2156 sqft. Near school, park and golf course. Lots of extras! Available NOW! \$1175/mo Call 847-921-7275.

Beautiful home, tiled, 4 bedrooms, 2 bath, 3 car garage, Large covered patio and a water fountain in the back. Pets ok. All appl. washer/ dryer and dish washer.†In a really nice neighborhood. Only \$1200 a month. Call Erin at 090-8857.

Beautiful Home next to base, 1581 sq. ft. 3 bedrooms, 2 baths, tiled, garage, large covered patio. 7007 E. Mustang Flyer. 1,150/mo. + Deposit. Call 918-1485

Homes for Rent

4 bed, 2 bth, close to UOFA, Camp BEU/ GLENN, New Kitchen, bath and carpet, double carport, Dual cooling and large Block yard, all appliances and Washer/Dryer, \$1150 mth. 240-6166 10/10 1T/P

3 bdrm, 2 bth, Rita Rance, Appliances, Large landscaped yard, garage, near elementary school, AC, perfect for military family, close to base. \$950/mo wk 886-2946, Hm 663 1447

Beautiful 3 bedroom, 2 1/2 bath home. 2 car garage, large backyard, sparkling pool. Great Northeast neighborhood. miles to base, Fantastic Catalina Mountain Cathedrial Views, Ceilings, fireplace, \$1195/mo. Available November. Call 390-

3 bedroom 2 bath with pool. Approx. 1200 sq. ft. \$925 a month. Contact Delisha 751-7873

Condos for Sale

1 bedroom, 1 bath condo. Very close to Davis Monthan AFB. Upgradd floors and Sink, very cleabn and bright throughout. \$67,500.00 Call Patti Martin 906-6445 @ Madera Realty & Mortgage 10/10 1T/P

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Room for Rent

New home 3bd/2ba home. Needs roomate! Community pool, basketball, and volleyball court. 15min east of D-M. \$322.50 a month plus 1/3rd utilities. Call 370-3542.

Homes for Sale

Beautiful home, tiled, 4 bedrooms, 2 bath, 3 car garage, Large covered patio and a water fountain in the back. Pets ok. All appl. washer/dryer and dish washer. In a really nice neighborhood. \$195,000 under marke value. Call Erin @ 990-8857.





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Desert Airman Classifieds

Employment Opps.

Jantioral Part Time, Mon -Fri, 9 PM - 11PM, On Base, Must pass background check, \$6.25 p/h 790-6200

Part-Time/Temp. Sales **Asociate** for Oriential Rug Promo at Davis-Monthan AFB Main PX, 20/hrs a week. 10/14 - 11/2/03. \$9.00/hr. Call Sandy at 972-713-6373 10/10 1T/P

Hiring on MCLB, Barstow, Head of Retail & Services, Head of Food & Hospitality, Recreation Program Manager, 760-577-6140 www.usmc.mccs.org

Furniture & Appl.

King size waterbed, with 8 drawers, 3 compartments, waveless mattress, big headboard with mirror. Very nice, \$250 o.b.o. 410-9082

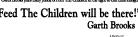
Beautiful Home next to base, 1581 sq. ft., 3 bedrooms, 2 baths, tiled, garage, large covered patio. 7007 E. Mustang Flyer 1,150/mo + Deposit. Call 918-1485

Just Beautiful King Mattress set, double pillow top, very thick, white \$350. Queen, same as above, \$250. Queen set, nice quilted, \$150. Full size \$135. All Brand new! 573-6950

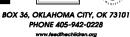
Garage & Yard Sale

Oct 18, 8-2, Rita Ranch. 8062 S. New Abbey Drive; loveseat, chair with ottoman, sleeper sofa, golf clubs, 2 TVs, dresser, coffee table, books, Star Trek VCR tapes, children's items/ clothes, knick-knacks. 574-3082 (after 5 pm) if interested in the big furniture items.









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I have two dogs available loving home only.†Would like not to split up.†Can not keep due to PCS.†Please contact Darryl @ 886-6329.

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Desert Airman Oct. 10, 2003

Desert Airman Classifieds

Cars & Trucks

1998 chevy Blazer, \$9,000. O.B.O. A/C, tilt whel, good condition, call Chris 529-7467 or 228-5708 10/10 1T/P

2001 Pontiac Sunfire, 2DSD midnight blue, excellent condiion, sickness forces sale. Under blue book as \$10,500. Please leave message (520) 584-9048 or (520) 574-0654

1976 Corvette Stingray, 350 engine runs strong. Needs body work. Seats need restoration. \$4500.00 OBO Call John or Dorri 664-0213.

2003 Ford Explorer XLT 4 wheel drive, third row seat, rear ac, towing package, keyless entry, needs to sell \$24,900. Call 370-3542.

1994 Ford Aerostar XLT, Excellent condition, New brakes and tires, rear A/C, pwr everything. Must see! \$3,400 OBO, 548-1864.

1997 Ford F-150 XLT SuperCab 4X4 OffRoad Pkg. Power everything! Cruise, Ice Cold AC, Sliding rear window, Tow Pkg, Offroad Tires, AM/FM CD & Cassette, Very Clean! \$3,000 below KBB. \$9,000 obo. 889-2844 or 400-9087 Must Sell!

1993 Ford Probe GT(V-6) 5sp, 16" Wheels, PS, PB, PDL, PW, PM, PS, ABS, CC, Tilt. 50K miles, Clean Title. Blue Book is \$3200. Must Sell, First \$2200 takes it!! 889-2844 or 400-9087.

2002 Grand Am GT, Black, all leather, sunroof, sport hood, all the extras, gorgeous car excellent condition, less than 8000 miles, \$16995 obo call 750-0507 ask for Nate

Services

E-Z Nails, A professional nail, hair, and skin care center. manicures, pedicures, women, men, for an appointment, call (520) 722-922 Mon-Sat 9AM -7AM. 1523 N. Wilmont, Tucson, Front of El-Dorado Hospital.

Recreational Vehicles

Bad Health Forces Sale, Excellent starter Motorhome. 1994 Vectra all the toys included. Jacks, Sat. dish, Awnings, new Netrig, Ceramic toilet. Payoff balance. Ph. 574-5662, or 574-3311 Bal: \$38,000

1991 Hydra Sports, 17.5 feet long, Bimini top, two new batteries, multiple fishing rod holders, 1988/135 merc o/b motor, runs great. 20 ft trailer. retails for over \$8,000, asking \$7,200. Call Jack 514-5384 or dacb32@msn.com

Misc. for Sale

King Size waterbed, two dressers and a night stand, \$200. Child's dresser \$20. Extra Large Dog Kennel. \$75. (520) 891-9104

2-12" Cherwin Vega car audio speakers in boxes. Used only a month then stored. \$200 a pair. Call 514-0535

Violin (Full Size-age 12 to Adult) Brand New By Wexler Geigen Germany. Very elegant with Antique Finish (Retail \$699). Asking \$190 885-6100.

Ancien Roman Coin Collection from 250BC-450AD. Beautiful Bronze and Copper Coins. Shows Great Detail. 10 coins for \$50.885-4100

Maternity BDU Pants Excellent Condition! \$10 885-6100.

Brand new leer truck cap. White, fits new Chevy Silverado short bed. Paid \$1,000, will sell for \$750. Deluxe version. Call 514-0535.

Must Sell! Black Sony Stereo Entertainment Center (CD, Tape, Receiver/Amp) with 5 speaker surround sound and cabinet with Panasonic 27 inch Television Multisystem. All for \$475 Contact John 721-7280.

Imported Chandelier \$50 OBO. Contact John 721-7280.



Misc. for Sale

4 MAZDA MX-6 stock Aluminum Alloy wheels \$175 OBO contact John 721-7280.

Set of 15 inch Alloy rims and Firestone HT tires, 5bolt mount fits Ford, Chevy, Dodge light trucks and SUV's. \$80 O.B.O call David @ 790-7238.

Kids playhouse only 5 months old for boy or girl. Asking \$100.00 O.B.O. call Cassandra 750-0339.

Guitar like new Yamaha f-310 super condition includes carrying case pitch pipe three beginning and how to play books price \$110. phone 577-6690 leave message if no answer.

Misc. for Sale

UNIFORMS FOR SALE! Mess Dress, Service Dress, BDUs, DCUs, blues, jackets, & more. Mostly medium sizes. All in excellent condition. Call Matt at 881-0726 for complete details.

Beige sleeveless wedding dress \$45. Sharp UX-355L plain paper facsimile \$20. Call 249-2266.

Furn. & Appliances

Excellent Condition Sanyo Washer/Dryer, need to sell as quickly as possible. \$250 for both, o.b.o. (520) 228-4643 or (520) 584-1443

Chrome, glass, brass shelves \$40 obo. Halogen floor lamp \$15. Light sage green sofa \$50 free delivery on base. Call 514-0535.

Furn. & Appliances

Sharp Multiple Choice Black Microwave Oven. Fully Transferable Warranty. Hardly Used. Like New Condition. \$125. Call 885 4048.

TV Stand with Swivel Top. Alder Wood with Black Vertical Rails. Adjustable Shelves. Glass Doors. Excellent Condition. \$50. Call 885 4048.

Like new plush suede recliner. Color Tan. Paid \$500 selling for \$350 obo. Call 891-0758 or 760-8359.

Beautiful solid light oak armoir, no laminates. 70" tall, 38" wide, 22" deep. Includes 21" color television. Will hold 36" television. Asking \$250. Call 909-011 anytime.

Furn. & Appliances

5 drawer Oak dresser from Oak Express. Sells new for \$379, asking \$150. 36"L X 18"D X 44"H. Call Jason or Jennifer 745-0587 leave message.

Arch mirror back Oak Headboard w/nightstands and cupboards for King bed. 6 pcs. w/lighting. Must go together. Asking \$350.745-0587 Leave message.

Sofa, excellent condition \$175.00 Also (2) 5x7 floral area rugs \$30 each. Call Rodney at 520-571-1010.





Oct. 10, 2003 Desert Airman 23



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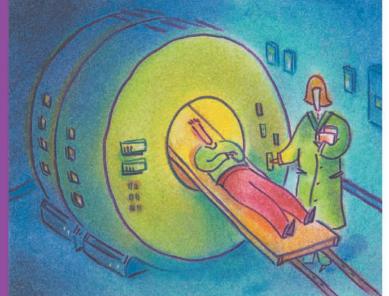


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4 Desert Airman Oct. 10, 2003









A CARONDELET HEALTH TIP

Watch Your Step

by John P. Powers, DPM, Podiatric Surgery

Every day your feet endure roughly 8-10,000 steps. Many women endure those steps in high heels. This is the primary reason women have, according to the American Podiatric Medical Association (APMA), about four times as many foot problems as men.

High heels may be a major problem for women, but they aren't the only problem. Pregnancy and age are just some of the factors which play a role in foot health.

The APMA determined that high heels — pumps with heels of more than two inches – are biomechanically and orthopedically unsound. High heels may contribute to a variety of foot problems including knee and back problems, injuries resulting from falls, shortened calf muscles, and an unnatural gait.

If you're a slave to fashion you can alleviate some of the high heel damage. Limit the time you wear high heels by alternating with more comfortable, naturally fitting shoes for part of the day.

Nylon stockings can cause foot woes, too. Because nylon doesn't breathe it creates a warm, damp area around your feet, inviting fungal infections (athlete's foot). The abrasiveness of nylon combined with a tight-fitting shoe is a recipe for blisters. Even more detrimental are tighter fitting support hose.

Pregnant women should take special precautions with their feet. Pregnancy changes the entire body, but supportive, shock-absorbing shoes with broadbased heels help swollen feet and ankles to bear the weight of those changes. A podiatrist should be seen if unusual foot discomfort is experienced.

Fat pads on the bottom of the foot deteriorate as you age, so older women experience more foot trouble than younger women do. Cushioned shoes are crucial, as is a soft flexible upper that conforms to the natural shape of the foot. Wearing leather shoes that "breathe" help prevent skin irritations on the feet.

If you experience continued pain an examination by a foot and ankle specialist is in order. Attempts at self-treatment can cost you not only time and money, they might make the problem worse. Preventing foot problems can be as simple as a wardrobe change and a little extra care — a small price to pay to avoid the agony of "de feet."

Dr. Powers practices Podiatric Medicine and Surgery in Tucson and Green Valley. Call (520) 319-3283 for an appointment.

Have a health or medical question you'd like answered?

Call the Carondelet Query Line at (520) 873-3335 or send it via email to chn_mktg@carondelet.org.

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